



ISSN 2456-3110

Vol 4 • Issue 5

Sept-Oct 2019

Journal of **Ayurveda and Integrated Medical Sciences**

www.jaims.in

JAIMS

An International Journal for Researches in Ayurveda and Allied Sciences



Charaka
Publications

Indexed

Importance of *Asta Vidha Ahara Ayatana* in the prevention of Lifestyle Disorder

Dr. Palak Rathod¹, Dr. Manjunath Adiga²

¹Post Graduate Scholar, ²Professor, Department of Kayachikitsa, Sri Kalabyraveswara Swamy Ayurvedic Medical College Hospital & Research Centre, Bengaluru, Karnataka, INDIA.

ABSTRACT

Lifestyle Disorder are group of diseases which are caused due to improper lifestyle of people. These are considered more dangerous than infectious diseases as it has created a large impact on global population and fatal and hereditary ones. This can be prevented by following a proper diet and lifestyle as also mentioned in our classics as *Ahara Ayatana*. Our *Acharya* has given importance to *Ahara Ayatana* as it leads to longevity. This same is explained as *Nidana* of *Santarpanajanya Vyadhi*. Symptoms of group of diseases under lifestyle disorder mimics to a larger extent with the *Lakshana* of *Santarpanajanya Vyadhis*. Hence, following *Ahara Ayatana* is very important even in today's era.

Key words: Lifestyle disorder, *Ahara Ayatana*, *Santarpanajanya Vyadhi*.

INTRODUCTION

Lifestyle disorder are those health problems that react to changes in lifestyle. In simple words they are the diseases associated with the way a person or group of people live. Hypertension, Stroke, Type 2 Diabetes mellitus, Liver Cirrhosis, Artherosclerosis, Obesity, Chronic obstructive pulmonary Disease, Alzheimer's Disease, Cancer are considered as lifestyle disorder.^[1] They are considered as biggest killers than infectious and hereditary ones. Its impact on Global population is usually on the age group of 30-69 years and Globally 14.2 million population are affected. In India, almost 5.8 million people/year (1 out of 4 individuals near age of 70 years) die due to any of the lifestyle

disorder. WHO has identified India as one of the nations that is going to have most of the lifestyle disorder in the near future. In India, rapid urbanization and globalization mainly contribute toward increase no of people suffering from lifestyle disorder. Food is made up of different components such as carbohydrates, proteins, etc. which is explained as *Ahara Prakruti* in Ayurveda. Each of these components is required in a specific amount because each of them has a definite role to play in the body as *Matra* is mentioned. A well balanced diet is necessary for the healthy growth of the body and mind which is possible only by *Samyoga*. WHO states that a state of complete physical, mental, social, economic wellbeing and not merely absence of disease or infirmity is attained by following *Astavidha Ahara Ayatana*. It gives us the knowledge about quantity and quality of food for healthy individuals.^[2]

Ahara Ayatana

Ahara is the source of body formation and occurrence of the disease. *Ahara Vidhi* is the system, method, manner, conduct or statement for food intake. *Ayatana* means cause, support or *Hetu*. *Ahara Ayatana* means causative factors responsible for the wholesome and unwholesome effect on the body based on the methods of food intake. Those are

Address for correspondence:

Dr. Palak Rathod

Post Graduate Scholar, Department of Kayachikitsa, Sri Kalabyraveswarswamy Ayurvedic Medical College, Hospital and Research Centre, Bengaluru, Karnataka, INDIA.

E-mail: palakrathod2407@gmail.com

Submission Date: 12/09/2019 Accepted Date: 09/10/2019

Access this article online

Quick Response Code



Website: www.jaims.in

Published by Maharshi Charaka Ayurveda Organization, Vijayapur, Karnataka (Regd) under the license CC-by-NC-SA

Prakruti, Karana, Samyoga, Rashi, Desha, Kala, Upyoga Samstha, Upyokta.

1. *Prakruti* means *Swabhavika Guna* or the inherent qualities of *Ahara*. Chakrapani commented on *Swabhavika* as which has not undergone *Samsakara*. Eg; *Mudga* is *Laghu* and *Masha* is *Guru*.
2. *Karana* means *Samasakara*. Chakrapani explains that *Guna Parivartana* happens. It includes *Agni Sannikarsha, Manthana, Saucha, Bhavana, Kala Prakarsha*. Eg: when rice which is *Guru* is subjected to heat (*Agni Sannikarsha*), *Jaliya Amsha* gets evaporated and becomes *Laja* which is *laghu*.
3. *Samyoga* means combination of two or more substance. Chakrapani explains that *Dravyas* may be beneficial individually but in combination are not healthy. Eg: *Viruddha Ahara*.
4. *Rashi* means *Matra*. *Matravat Ahara* means which do not create *Upaghata* to *Prakruti* and gets digested in *Yatha Kala*. Chakrapani explained as every individual has different *Agnibala* and even in same individual, *Agnibala* is different at different time. It can be understood as 2 types: *Sarvagraha* - while taking *Ahara*, we take *Anna, Mamsa*, soup, etc. so the knowledge of altogether quantity of these *Ahara* is necessary. *Parigraha* - While taking *Ahara*, having knowledge of *anna* separately, *mamsa* separately, etc.
5. *Desha* involves *Sthana, Dravya Utpatti, Prachara*. *Sthana* means *Ahara Grahana Sthana, Dravya Utpatti* and *Prachara* indicates the place where the *Aushadhi* are grown and transportation is done. *Prachara* can also be understood as *Mamsa* of animals who are *Gatisheela* are *Laghu*.
6. *Kala* denotes time. It is understood in two ways – *Nityaga* meaning *Ahoratri*, etc. and *Avasthika* meaning *Rogi Vaya* and *Roga Avastha*.
7. *Upayoga Samatha* implies rules of intake of food. After *Jeerna Lakshana* of *Ahara*, next meal should be taken. This includes 10 factors:

- a) *Usnam Asniyat* - Tastier when warm, increases digestive fire, gets digested quickly, does *Vatanulomana*, and does *Kapha Hasrana*.
 - b) *Snigdham Asniyat* - Tasty, does *Agni Udirana* after consumption of food, gets digested easily, does *Vatanulomana*, does *Sarira Upachaya*, gives strength to *Indriyas*, increases *Bala* (*Saririka* strength), carry out the function of *Varna Prasadana*.
 - c) *Matravat Asniyat* - does *Ayurvardhana* without creating imbalance in *Tridosha*, easily reaches to anus, does not harm the *Jataragni* and easily does *Paripaka*.
 - d) *Jeernam Asniyat* - *Dosha's* come to its *Swasthana, Udgara Shuddhi, Hridya Shuddhi, Vatanulomana, Srotas Mukheshu Vishudhe*, Proper functioning of *Vata, Mutra, Pureesha Vega*.
 - e) *Na Ati Drutam Asniyat* - Food goes to *Unmargagami Srotas*, gets stuck at one place, do not stay at *Amashaya* for proper time, so gets digested in long time.
 - f) *Na Ati Vilambitam Asniyat* - *Na Truptima Gachati*, takes more food, food gets cold, *Vishama Paka*.
 - g) *Veerya Virudham Asniyat*
 - h) *Ista Deshe* – No *Vighata* to *Manas*.
 - i) *Tanmana Bhunjitam* – food should be taken without talking, laughing, with *Ekagra Manas*.
 - j) *Atmanam* - After thinking about food which is healthy to the person, examining about his capacity to eat, person should indulge in eating.
8. *Upabhokta* – person who does above all things.

Lifestyle Disorder

Lifestyle disorders are considered as Hypertension, Stroke, Type 2 Diabetes mellitus, Liver Cirrhosis, arthrosclerosis, Obesity, Chronic obstructive pulmonary Disease, Alzheimer's disease and Cancer.^[3]

- A. Stroke – Medical condition in which poor blood flow to the brain results in cell death. Two main

types: ischemic due to lack of blood flow, and haemorrhagic due to bleeding.

- B. Hypertension – A long term medical condition in which pressure in blood vessels is persistently elevated.
- C. Artherosclerosis – Disease in which lumen of artery narrow due to the build-up of plaque.
- D. Liver Cirrhosis – Condition in which the liver does not perform normal function due to long term damage characterized by the replacement of normal liver tissue by scar tissue.
- E. Obesity – Medical condition in which excess body fat accumulate to a extent to have a negative effect on the body.
- F. Chronic Obstructive Pulmonary Disease – Medical condition characterized by long term breathing problems and poor airflow.
- G. Type 2 Diabetes – Metabolic disorder that is characterized by insulin resistance, relative lack of insulin in cells.
- H. Alzheimer's disease – Medical condition characterized by breakdown of brain cells.
- I. Cancer – Medical condition characterized by uncontrolled, abnormal growth of cells. Mainly Colo-rectal and lung cancer.

DISCUSSION

Food is made up of different components such as carbohydrates, proteins, fats, fiber, vitamins, mineral which is explained as *Prakruti* in Ayurveda. Each of these components is required in a specific amount because each of them has a definite role to play in the body as *Matra* is mentioned. A well balanced diet is necessary for the healthy growth of the body and mind which is possible only by *Samyoga*. WHO states that a state of complete physical, mental, social, economic well being and not merely absence of disease or infirmity is attained by following *Astavidha Ahara Ayatana*. It gives us the knowledge about quantity and quality of food for healthy individuals.

Processing of food such as mincing, maceration, liquefaction, cooking, pasteurization, boiling, grilling can be understood as *Karana* in our classics. *Viruddha Ahara* mentioned in our classics, also some healthy combinations such as *Masha* with *Madhu*, *Ksheera*, *Ghrita* is *Veeryavana*, *Shunti Rasa* with *Guda* is *Shothahara*, these all should be understood in terms of *Samyoga*. Lifestyle style disorders in a broad term can be understood as *Santarpanajanya Vyadhi* in our classics. Causative factors mentioned for *Santarpanajanya Vyadhi* are *Snigdha*, *Madhura*, *Guru*, *Picchila*, *Nava Anna*, *Nava Madya*, *GoRasa* – all in excess quantity, *Chesta Dweshi*, *Diwaswapna* and *Sukha Shayya*. These *Astavidha Ahara Ayatana* can be understood in lines of *Nidana* and also prevention of Lifestyle disorders. So, if a person indulges in rules of conduct of *Ahara* remains healthy for long time.

CONCLUSION

Charaka Acharaya has dedicated a separate *Sthana* named *Vimana* for the *Jyana* of *Dosha*, *Bheshaja*, *Bala*, *Kala*, *Ahara*, *Satwa*, etc. *Mana* for maintainance of long *Ayu* and disease free life. *Ahara Atayatana* is mentioned in 1st chapter of *Vimanasthana* and hold utmost importance for disease free, long life. In today's era, due to busy life, people are neglecting the reules of conduct of *Ahara* and hence get involved in many *Santarpanajanya Vyadhis* and also suffer with less *Ayu*.

REFERENCES

1. https://en.wikipedia.org/wiki/Lifestyle_disease
2. Agnivesha, Charaka Samhita, Chaukhambha Surabharati Publication, *Vimana Sthana*, 1st chapter, 21st sloka, pg 235, pp 738.
3. https://en.wikipedia.org/wiki/Lifestyle_disease

How to cite this article: Dr. Palak Rathod, Dr. Manjunath Adiga. Importance of Asta Vidha Ahara Ayatana in the prevention of Lifestyle Disorder. J Ayurveda Integr Med Sci 2019;5:281-283.

Source of Support: Nil, **Conflict of Interest:** None declared.